Physical Activity

Presented by: Community Dietitian



ThinkSmart ActSmart LiveSmart





Group ground rules We agree to:

- treat each other with respect
- · let everyone's viewpoint be heard
- maintain confidentiality
- keep to the topic being discussed
- join in discussions
- share information and resources with others
- turn mobile phones to silent/turned off





Introductions and Questions

Share your main question





Benefits of Physical Activity

- Improved blood glucose levels
- Reduced Cardiovascular disease risk
- Reduced blood pressure
- Improved blood fat levels
- Weight management
- Loss of and redistribution of fat
- Improves quality of life
- Improved sleep
- Reduced breathless
- Improved fitness
- Improved bone strength
- Reduced risk of some cancers
- Reduce risk of falls, joint and back pain, depression
- Reduced overall risk of death



Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least

minutes moderate intensity per week

incressed breathing able to talk



or a combination of both

Build Sung strength strength

> on at least days a week

Carry heavy Dags

Howlin

at least

minutes vigorous intensity per week

breativing faut difficulty talking



Minimise sedentary time

Break up periods of inactivity





Youn

Gym



For older adults, to reduce the chance of frailty and falls

Improve balance



Moderate Intensity Activity









Breathing is increased (heavier/faster). Still able to talk/hum but not sing Increase in heart rate Feel warmer and may sweat on hot or humid days.

Aim for at least 150 minutes (2 and ½ hours) each week





Vigorous activity









Working really hard.
Breathing very hard/fast
and have difficulty talking
(only able to say a word or
two)

Rapid heartbeat Heavily perspiring

75 minutes per week or a combination of moderate and high intensity activity



Intensity

Sedentary

To not moving, working at a desk

Light

Cleaning, carrying out rubbish, yoga

Moderate

Walking, cycling, shopping

Vigorous

Playing football, dancing, swimming

Very vigorous

Sprinting up hills, weight exercises, press ups







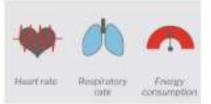


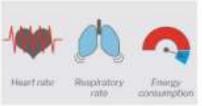














Activity to Improve Muscle Strength













At least 2 days a week

Training with weights (or body weight). Aim to work all major muscle groups (Exercises should be performed to the point at which it would be difficult to do another repetition without help.





Physical Activity

- Benefits can be achieved through sessions of 10 minutes or more.
- Overall volume of physical activity is more important than frequency or duration.
- Effects (blood glucose, calorie burning) last longer than time doing exercise itself.
- Regular activity is important to sustain the benefits.
 Aim to be active every day, at least spaced at no more than 48 hour intervals.



Reduce Time Spent Sitting

- Sedentary behaviour is not just a lack of physical activity.
- It is regularly doing things where you are sitting or lying and energy expenditure is very low.
- Spending large amounts of time being sedentary may increase the risk of some health problems.





Safety

- Build up gradually
- Warm up/cool down
- Foot care
- Hydration
- General safety let others know where you are going and avoid exercising in remote places alone
- Seek medical advice before starting a new physical activity, especially if planning to do something strenuous or have other underlying medical conditions.

This is particularly important if insulin or sulphonylurea medications are used to treat Diabetes due to hypo risk





Barriers to activity and ways to increase activity



SMART Goals

Specific What will you do?

Measurable How much...how often?

Achievable How confident are you that you can do it? (at least 7/10)

Realistic How confident are you that you will do it? (at least 7/10)

Time Bound When will you do it?

Evaluate How did it go?

Review What will you do next?



Questions to help you set your Goals

- What is your Goal?
- How important is your Goal to you?
- What makes it important?
- What do you need to achieve it?
- Which bits will you do this week?
- How much? How often? When?
- If you visualise yourself doing this bit of your Goal this week, how confident do you feel, on a scale of 0-10?





Questions



Further support You can access the following topic session:

- Food labelling
- Carbohydrate Awareness
- Healthy Lifestyle
- Keeping well with Diabetes
- Review sessions

Book by ringing 0151 604 7271 or emailing wchc.dieteticsadult@nhs.net





Thank you for joining us today!

Please take a moment to complete a short evaluation...

To book on to topic sessions please call the **0151 604 7271**.





Hypos (low blood glucose levels)

- Blood glucose levels below 4 mmol/l (with or without symptoms)
- Effects can last for up to 24 hours
- Should not be a risk for diet control/metformin treatment





Symptoms of hypos (low blood glucose levels)

- feeling shaky
- Sweating
- Hunger
- Tiredness
- blurred vision
- lack of concentration
- Headaches
- feeling tearful, stroppy or moody
- going pale





Possible causes of hypos (low blood glucose levels)

- unplanned physical activity
- not enough carbs
- delayed or missed meal or snack
- too much insulin/ diabetes medication
- Heat
- injecting insulin in an area being used for exercise
- not rotating insulin injection site and developing 'lipos'
- drinking large quantities of alcohol or alcohol without food



Hypo treatment (rule of 15s)

15–20g of fast-acting carbohydrate. Suitable treatments include:

- Glucose tablets x 4 to 5
- Sweets, such as jelly babies x 4
- Pure fruit juice x ~ 200ml
- Glucose gel x 1-2 tubes
- A sugary (non-diet) drink (may need >200ml) check labels

Retest blood glucose levels after <u>15</u>–20 minutes and re-treat if blood glucose levels are still less than 4mmol/l.

snack of <u>15</u>–20g of slower-acting carbohydrate e.g.

- a sandwich
- piece of fruit
- cereal
- some biscuits and milk





Preventing hypos

- take tablets and/or insulin injections correctly
- reduce insulin dose for planned activity
- avoid injecting insulin in the areas of the body about to be used in exercise
- don't miss a meal.
- eat enough carbohydrate: take extra carbohydrate if more active than usual
- carry hypo treatment
- do not drink alcohol on an empty stomach or drink too much alcohol.





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